

**Full Report (All Nutrients) 11503, Swamp cabbage, (skunk cabbage), raw**

Report Date: November 21, 2015 21:36 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 23% Refuse Description: Tough stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 56g	1 shoot 13g
<b>Proximates</b>						
Water	g	92.47	2	--	51.78	12.02
Energy	kcal	19	--	--	11	2
Energy	kJ	79	--	--	44	10
Protein	g	2.60	1	--	1.46	0.34
Total lipid (fat)	g	0.20	1	--	0.11	0.03
Ash	g	1.60	--	--	0.90	0.21
Carbohydrate, by difference	g	3.14	--	--	1.76	0.41
Fiber, total dietary	g	2.1	--	--	1.2	0.3
<b>Minerals</b>						
Calcium, Ca	mg	77	2	--	43	10
Iron, Fe	mg	1.67	2	--	0.94	0.22
Magnesium, Mg	mg	71	2	--	40	9
Phosphorus, P	mg	39	2	--	22	5
Potassium, K	mg	312	2	--	175	41
Sodium, Na	mg	113	--	--	63	15
Zinc, Zn	mg	0.18	--	--	0.10	0.02
Copper, Cu	mg	0.023	--	--	0.013	0.003
Manganese, Mn	mg	0.160	--	--	0.090	0.021
Selenium, Se	µg	0.9	--	--	0.5	0.1
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	55.0	1	--	30.8	7.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 56g	1 shoot 13g
Thiamin	mg	0.030	1	--	0.017	0.004
Riboflavin	mg	0.100	1	--	0.056	0.013
Niacin	mg	0.900	1	--	0.504	0.117
Pantothenic acid	mg	0.141	--	--	0.079	0.018
Vitamin B-6	mg	0.096	--	--	0.054	0.012
Folate, total	µg	57	--	--	32	7
Folic acid	µg	0	--	--	0	0
Folate, food	µg	57	--	--	32	7
Folate, DFE	µg	57	--	--	32	7
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	315	1	--	176	41
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	6300	1	--	3528	819
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Threonine	g	0.140	1	--	0.078	0.018
Isoleucine	g	0.104	1	--	0.058	0.014
Leucine	g	0.146	1	--	0.082	0.019
Lysine	g	0.109	1	--	0.061	0.014
Methionine	g	0.044	1	--	0.025	0.006
Cystine	g	0.028	1	--	0.016	0.004
Phenylalanine	g	0.127	1	--	0.071	0.017
Tyrosine	g	0.080	1	--	0.045	0.010
Valine	g	0.135	1	--	0.076	0.018
Arginine	g	0.148	1	--	0.083	0.019
Histidine	g	0.047	1	--	0.026	0.006
Alanine	g	0.109	1	--	0.061	0.014
Aspartic acid	g	0.650	1	--	0.364	0.084
Glutamic acid	g	0.252	1	--	0.141	0.033

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 56g	1 shoot 13g
Glycine	g	0.099	1	--	0.055	0.013
Proline	g	0.088	1	--	0.049	0.011
Serine	g	0.122	1	--	0.068	0.016

<sup>1</sup>Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

<sup>2</sup>Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201